



# ZIKA Virus Disease Information

Zika is a disease caused by a virus. Zika virus can cause severe birth defects when a pregnant woman is infected.



## How does Zika spread?

Zika is primarily spread to people through the bite of infected *Aedes aegypti* and *Aedes albopictus* mosquitoes. These types of mosquitoes live in many parts of the world, including parts of Los Angeles County.

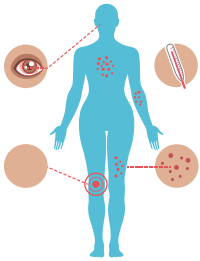
### Zika can also spread in other ways

- A pregnant woman with Zika virus can pass it to her fetus.
- A person with Zika virus can pass it to his or her sex partners.
- Zika may also be spread through blood transfusion.



## Who gets Zika?

**Anyone** who lives in or travels to an area with Zika and is bitten by an infected mosquito. Zika infected mosquitoes can bite multiple people. Infected mosquitoes spread Zika virus by biting people during the day and night.



## Signs and symptoms of Zika

Common symptoms include fever, rash, joint pain, and red eyes (conjunctivitis). Many people with Zika won't have symptoms, but some people will have mild symptoms. For those who do, signs of Zika usually develop 3-14 days after exposure.

## How can I prevent Zika?

### Prevent getting Zika from mosquito bites:

Zika primarily spreads through the bite of infected *Aedes* mosquito. Prevent mosquito bites by using Environmental Protection Agency (EPA)-registered insect repellent with one of the following active ingredients: DEET, picaridin, IR3535, oil of lemon eucalyptus or para-menthane-diol, or 2-undecanone. Always follow the directions on the bottle. These repellents are safe for use during pregnancy when instructions are followed.

Wear loose fitting long-sleeved shirts and long pants. Treat your clothing and gear with permethrin or buy pre-treated items.





## ZIKA Virus Disease Information (continued)



### Prevent getting Zika from mosquito bites (continued)

Keep mosquitoes out of the house. Stay in places with air conditioning, and use screens on windows and doors.

Remove standing water to get rid of places where mosquitoes lay their eggs and grow. Once a week, empty and scrub, turn over, cover, or throw away any items that hold water. Some items include buckets, potted plant saucers, toys, tires, birdbaths, or trash containers.

### Prevent getting Zika from sex if you or your partner live in or traveled to an area with Zika.



If you traveled to an area with Zika, you may be infected and not have symptoms. So everyone returning from a Zika affected area should take precautions against spreading infection through sex.

Zika may cause serious birth defects. Pregnant women should not have sex, or should use a condom correctly every time during pregnancy—if their partner has been to an area with Zika.

For non-pregnant women, not having sex can eliminate the risk, and condoms can reduce the chance of getting Zika from sex. If you are trying to become pregnant, speak with your health care provider.



### If you think you have Zika

- See your healthcare provider. If you don't have symptoms, Public Health doesn't recommend Zika virus testing for men, children, or women who aren't pregnant.
- Zika symptoms can last for several days to a week, make sure to:
  - Rest
  - Drink fluids to prevent dehydration
  - Don't take aspirin or other non-steroidal anti-inflammatory drugs (NSAIDS like Advil, Motrin and Aleve)
  - Take medicine such as acetaminophen (Tylenol) to reduce fever and pain
- Learn how you can protect others if you have Zika. Follow the steps above to prevent mosquito bites.

Visit [www.cdc.gov/Zika](http://www.cdc.gov/Zika) to learn more.